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positioning the nozzle adjacent an underside of a plant leaf so that a portion of the water directed by the nozzle impacts the leaf underside and a longitudinal axis of the nozzle is generally horizontally disposed at a first elevation;

advancing and retracting the nozzle generally horizontally so that a flow of water impacts the leaf underside along its length;

rotating the apparatus so that the longitudinal axis of the nozzle moves toward a second elevation but remains generally horizontally disposed during rotation; and

advancing and retracting the nozzle generally horizontally.

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20. The method of Claim 19, wherein the elongate body portion is substantially straight.
21. The method of Claim 20, wherein the nozzle is adapted to direct a flow of water in a substantially vertical plane.
22. (Amended Previously) The method of Claim 21, wherein the substantially vertical plane is substantially perpendicular to the nozzle portion and comprising the step of holding the elongate body in a substantially horizontal attitude.
23. (Amended Previously) The method of Claim 22, wherein the handle includes a bend point and comprising the step of adjusting the elevation of the body portion by rotating the handle about a proximal end of the handle.
24. The method of Claim 19, additionally comprising advancing and retracting the apparatus into and out of the plant at a plurality of locations so that water directed by the nozzle simultaneously impacts the top side of a first plant leaf along at least a portion of its length and the underside of a second plant leaf along at least a portion of its length.
25. The method of Claim 19, wherein the nozzle is adapted to create a substantially planar and contiguous wall of water around the circumference of the nozzle.
26. The method of Claim 25, wherein the nozzle is adapted to create two or more substantially planar and contiguous walls of water around the circumference of the nozzle, the walls of water being spaced apart from each other.
27. The method of Claim 25, additionally comprising advancing and retracting the nozzle between leaves of the plant so that the portions of the wall of water simultaneously impact

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undersides of leaves generally above the nozzle, top sides of leaves generally below the nozzle, and any matter that may be between the leaves of the plant.

28. The method of Claim 27, additionally comprising advancing and retracting the nozzle between leaves of the plant at a plurality of locations.

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33. The method of Claim 23, comprising rotating the handle about an axis of rotation generally parallel to the longitudinal axis of the nozzle.

34. The method of Claim 19, wherein water flow is simultaneously directed upwardly and downwardly.

35. The method of Claim 19, wherein the elongate body portion and the nozzle portion are substantially straight and have substantially the same longitudinal axis.

36. (Amended) A method of removing insects from and cleaning an interior portion of a leafy plant, comprising:

providing a hand held spraying apparatus having a handle, an elongate body having a length of at least about one foot, and a nozzle at a distal end of the elongate body, the nozzle configured to direct a flow of water outwardly generally around a longitudinal axis of the nozzle portion;

placing the spraying apparatus into communication with a source of water under pressure;

while maintaining the nozzle axis in a generally horizontal attitude, repeatedly advancing and retracting the nozzle into and out of the interior portion of the plant at a plurality of locations so that water flow is directed onto undersides of interior leaves of the plant and top sides of interior leaves of the plant; and

rotating the apparatus about the handle to change the elevation of the nozzle axis without substantially changing its generally horizontal attitude.

37. The method of Claim 36 additionally comprising holding the elongate body at a generally horizontal attitude while advancing and retracting the nozzle.

38. The method of Claim 37, wherein the elongate body is at least 18 inches long.